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Buddhist & Pali College of Singapore Alumni (BPCA) - E-Bulletin

Apr- Aug 2024

Photo credit: Bro Bryan

In this issue, we bring you highlights of the Memorial Day (held on 8 June 2024), in memory of Venerable M M Mahaweera Mahanayaka Mahāthera, Founder of MV and BPCS and Venerable P Gnanarama Anunayaka Mahāthera, Founding Principal of BPCS. We gathered to recollect their invaluable contributions and renew our aspirations to do our part to preserve and propagate the Buddha's teachings.

We are also delighted to share the following with you:

- Sri Lanka Convocation Tour (2 to 10 Apr 2024) travel log
- The first temple tour organised for the first batch of the Chinese Diploma in Buddhism students, held on 5 May 2024
- Graduation ceremony for graduates of 2022 and 2023 Diploma, BA and MA degree courses, held on 25 Aug 2024
- Bi-monthly Mindfulness Walks

September to December is the period for examination preparations / taking the examinations. Here's wishing all students all the best in your examinations! Remember that examinations provide the opportunity to consolidate what we have learnt and it is a means to develop our knowledge about the Buddha's teachings. Enjoy the journey of learning the Dhamma with your *Kalyāṇamitta*!

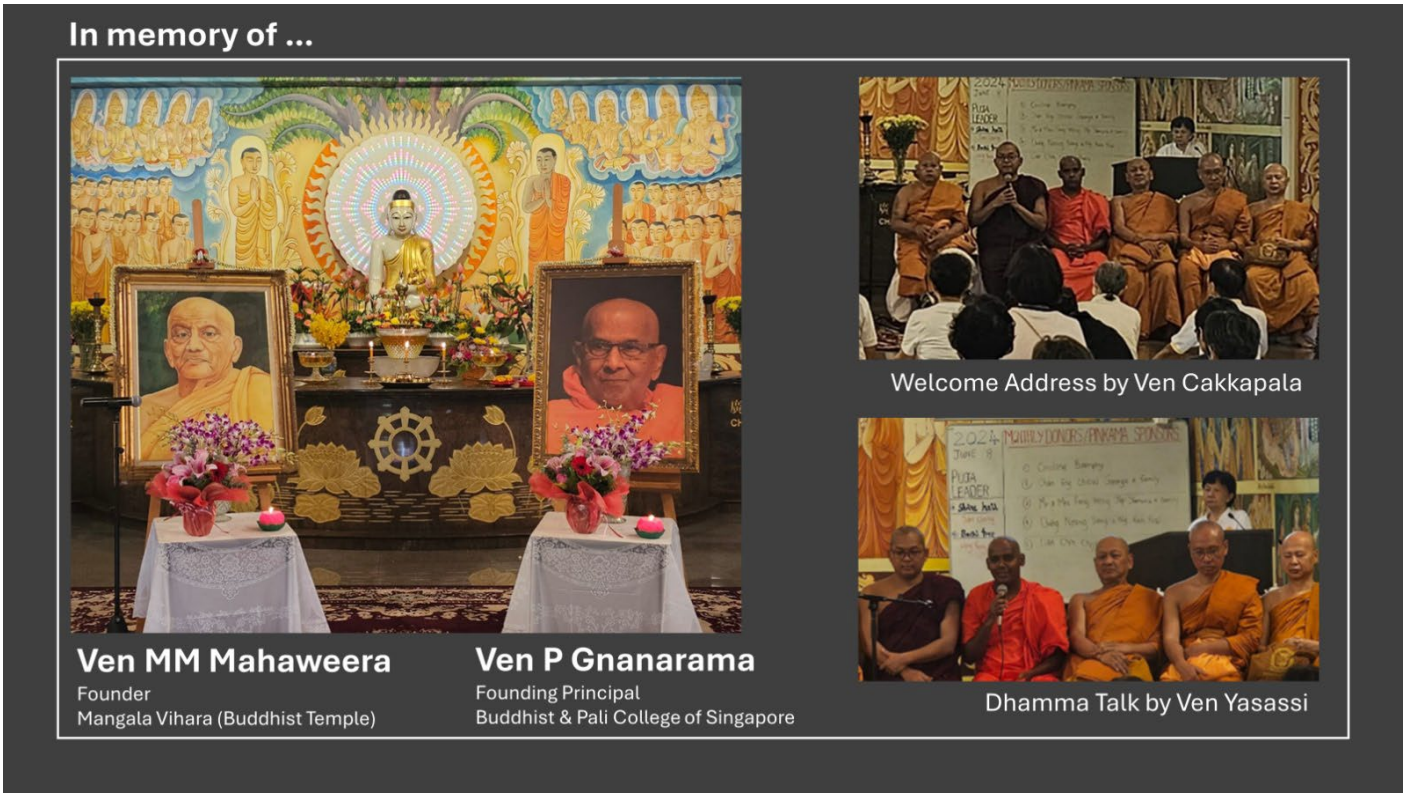
Lastly, you are most welcome to contribute an article to the e-Bulletin or recommend your BPC alumni friend who may have something to share. Just drop Sister Tyy Yn an email at tyyynquek@gmail.com.

May all be well, happy and peaceful!

The Editorial Team

Memorial Day

8 June 2024



Well-attended by the *Mahāsangha* and lay community as we recollected the invaluable contributions of both esteemed Venerables and renewed our aspirations to do our part to preserve and propagate the Buddha's teachings.

Sri Lanka Convocation Trip

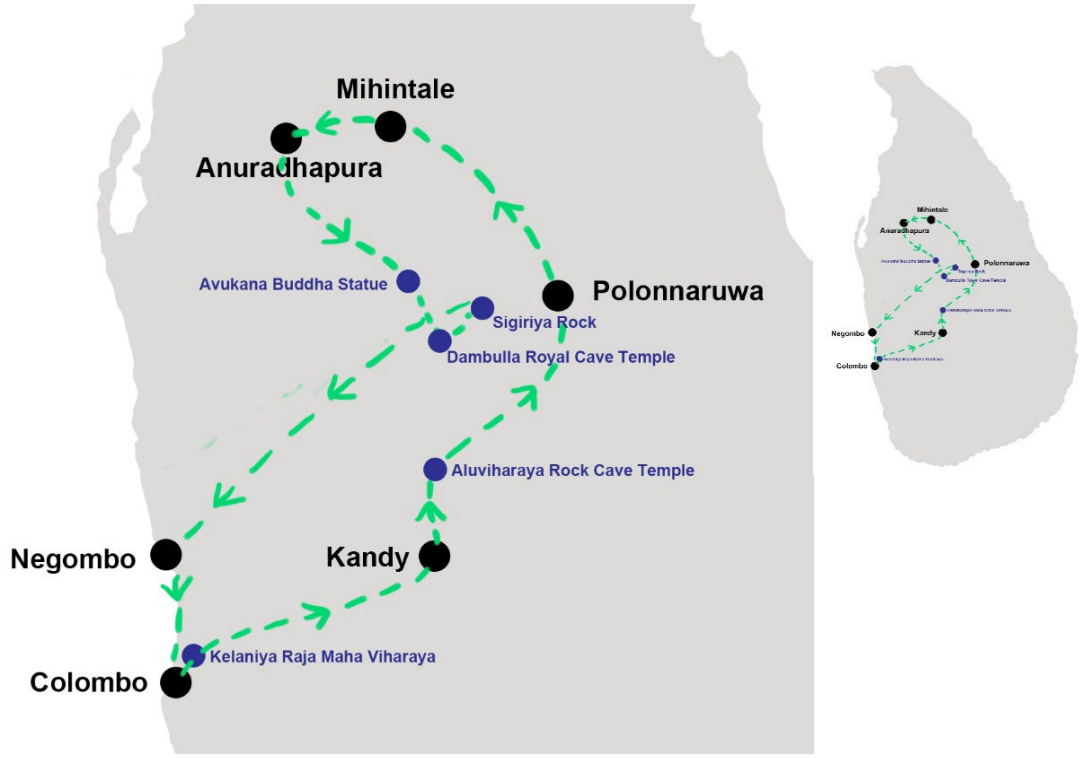
- Travel Log

2 – 10 Apr 2024

By Bro Bryan Law and Sis Tyy Yn

We were looking forward to our convocation in Sri Lanka, organised by the Buddhist and Pāli College of Singapore (BPC), and finally, the chance has arrived. On 2nd April 2024, we flew to Colombo and began our 9-day Sri Lanka Convocation Trip.

Our trip also brought us to numerous important Buddhist sites and temples. The map below indicates the places we travelled.



	Colombo	Days 1 & 2
1	Buddhist and Pali University of Sri Lanka	
2	Colombo city tour with mall	
3	Bandaranaike Memorial International Conference Hall (BMICH)	Day 3
4	Kelaniya Raja Maha Viharaya	Day 4
5	Pinnawala Elephant Orphanage	
6	Tea factory	
	Kandy / Matale	
7	Cultural performance show	
8	Sri Dalada Maligawa (Temple of the Sacred Tooth Relic)	
9	Aluvihara Rock Cave Temple	Day 5
	Polonnaruwa Ancient City	
10	Archaeological Museum	
11	Royal Palace of King Maha Parakramabahu	
12	Audience Hall / Council Chamber	
13	Thivanka Image House	

14	Polonnaruwa Vatadage	
15	Thuparama Image House	
16	Uththararamaya (Gal Vihara)	
17	Rankoth Vehera Stupa	
18	Lankathilaka Image House	
	Mihintale	Day 6
19	Mihintale Rock	
20	Ambasthala Dagaba	
21	Mahaseya Dagoba	
22	Mihintale Temple	
23	Mihindu Pagoda	
24	Mangala Vihara International Buddhist Centre near Old Puttalam Road	
	Anuradhapura Ancient City	
25	Thuparama Vihara	
26	Ratna Prasada (Jewel Palace) of Abhayagiri Monastery	
27	Anuradhapura Moonstone and Guardstone	
28	Samadhi Buddha Statue	
29	Abhayagiri Viharaya Stupa	
30	Jethawanaramaya	
31	Ruwanweli Maha Seya	Day 7
32	Jaya Sri Maha Bodhi	
	Others	
33	Avukana Buddha Statue	
34	Dambulla Royal Cave Temple	
35	Sigiriya	Days 8 & 9
36	Buffalo cart and boat village lunch	
37	Silk shop	
38	Depart back to Singapore	

Day 1 & 2: Colombo and BPU

The trip started well with a special group check-in at the Singapore Changi Airport. Once we reached Colombo Bandaranaike International Airport, we were welcomed with garlands of flowers by our local tour guide, Mr Rahul.

As we arrived late at night, we went straight to our hotel.

The next morning, we boarded our tour bus after breakfast, and headed to the Buddhist and Pali University (BPU) of Sri Lanka. We were thrilled to finally visit BPU, which the Buddhist and Pali College of Singapore (BPC) was affiliated to, after taking its courses for five years. They led us on a campus tour, including the library and museum.

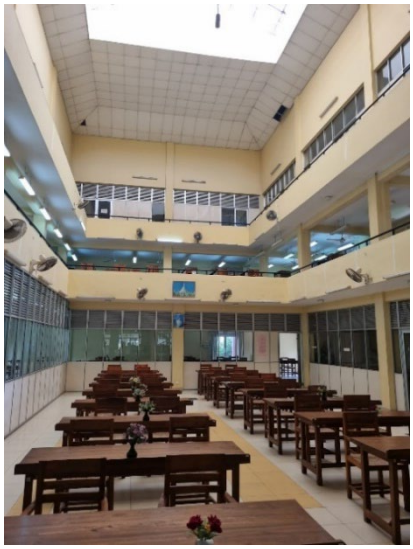
Administration Building, BPU

Main Entrance, BPU

Bodhi Tree planted in 2022, from Jaya Sri Maha Bodhi

Buddha Statue, BPU

Group photo@Museum, BPU, with Venerable P. Seelananda, Principal, BPC and Venerable Prof. P. Yasassi, one of our lecturers in the Master of Arts in Buddhist Studies course



Library, BPU

We were also very grateful to our Principal, Venerable Seelananda, for arranging a *mahāsaṅgha dāna*, giving us the rare opportunity to offer lunch to the university's many respected and esteemed monks, lay teachers, and admin staff. Besides the feeling of gratitude, the chanting of “Namaskāra” (*namo tassa*) also left a deep impression on many of us.

After lunch, we put on our graduation gowns and took photos throughout the university campus. After spending several hours there, we continued our tour in Colombo to explore its main commercial area before returning to the hotel for the night, in preparation for the big day ahead.

Day 3: Convocation

We had an early breakfast and departed for the BMICH (Bandaranaike Memorial International Conference Hall). Upon arrival, we donned our gowns and took photos around the hall. Coordination was required as we were divided into two groups: the BA batch and the MA batch.

The BA graduation ceremony took place in the morning, while the MA ceremony was held in the afternoon. Soon, we were guided into the main convention hall, which was very crowded. The second level was also fully occupied. Some of us spoke to the PhD graduates and took a photograph with them. The convocation began with a traditional Sri Lankan procession as the university staff entered the hall and up to the stage. There were many graduates, and the entire event lasted the entire day, with hundreds of students receiving their degrees.

It was an incredibly joyful day for all of us, and it was inspiring to see so many people pursuing the same studies as us. Despite coming from different countries and with different customs and backgrounds, we realised we were not so different after all.

We were grateful to:

- Venerable Seelananda for arranging pre-registration for us, letting us skip the queue, showing us to the hall and leading our family members to the VIP seating area.
- Dean for waiting to bring us to the VIP reception area after the ceremony.

It started to rain just after the convocation, driving away the heat. We returned happily to our hotel for a sumptuous dinner. After dinner, some of us had an enjoyable catch up or went across the road to shop eagerly for local products.

Day 4: Kandy

The following day, we left our hotel located about 10km northeast of Colombo and headed to **Kelaniya Raja Maha Viharaya**, our first stop in exploring Sri Lanka's Buddhist sites. Kelaniya Raja Maha Viharaya houses several Buddha images, including an image of a reclining Gotama Buddha. It also features paintings by artist Solias Mendis, which illustrate significant moments in the life of the Buddha, the history of Buddhism in Sri Lanka, and events from the Jataka tales.

Sangamitta Theri bringing the sapling of the Sri Maha Bodhi to Sri Lanka.

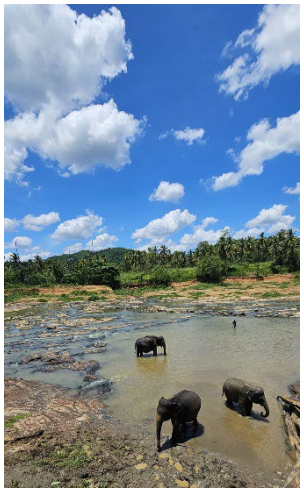
Buddha at the present Sri Pada Kanda, placing the left foot mark at the invitation of God Sumana

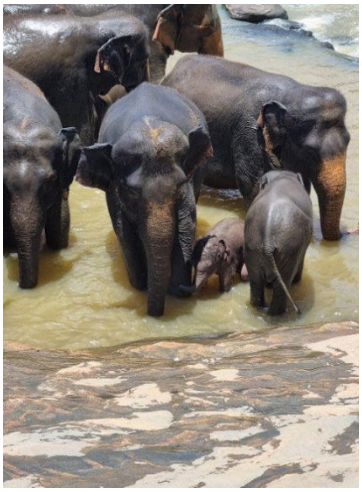
About Kelaniya Raja Maha Viharaya

Believed to be the place of the Buddha's third visit to Sri Lanka, upon invitation by the naga king of Kelaniya:

- The Buddha bathed in the Kelani river, in front of the spot where the Vihara stands today
- The Stupa enshrines the gem-studded throne on which the Buddha sat and delivered the Dhamma to the 'Nagas'
- The Buddha visited Adam's peak (Sri Pada Kanda) and placed his footprint on its summit

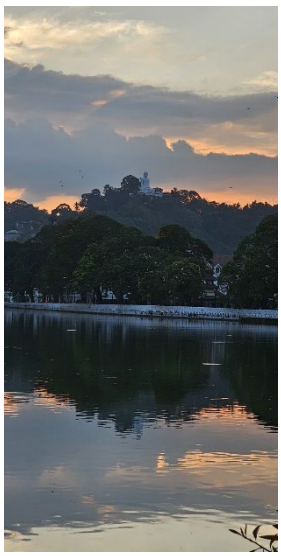
The most heartwarming part of this visit was the sight of many school children venerating the Bodhi Tree, prostrating to the Venerables they met, and their joyful and melodious chants, including the 5 Precepts.





Our next stop was the Pinnawala Elephant Orphanage, where we watched many elephants bathing at the riverbank. A one-year-old baby elephant playfully enjoying the water was a delightful sight.

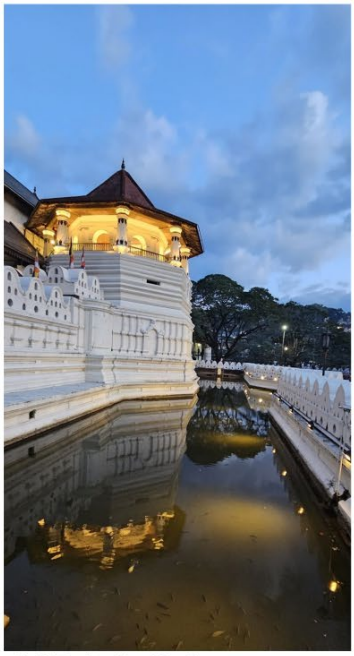
After that, we visited a tea factory where we learned about the history of tea and the tea-making process in Sri Lanka. We ended the visit seated at a long table to enjoy tea together, and some of us purchased tea to bring home.



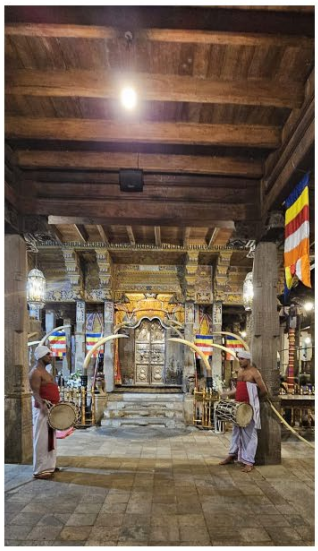
Our next destination was Kandy. We checked into our hotel and changed into a full white attire for the day's highlight: a visit to **Sri Dalada Maligawa**. We were treated to a cultural show and a picturesque sunset on the way to Sri Dalada Maligawa.

About Sri Dalada Maligawa

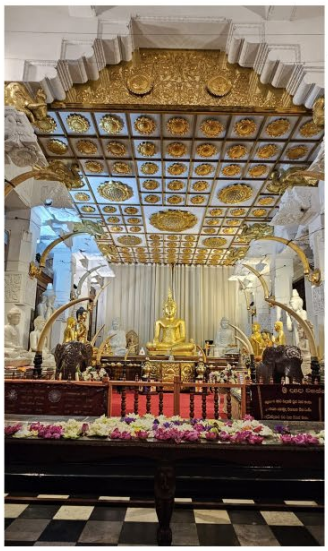
Also known as the Temple of the Sacred Tooth Relic, it is a world-renowned place of worship, where the left canine tooth of Gotama Buddha was believed to be enshrined. The sacred tooth relic was brought to Sri Lanka by Princess Hemamala and Prince Dantha from the city of Kalinga in ancient India. The temple is venerated by thousands of local and foreign devotees and tourists daily. It was named a world heritage site by the UNESCO in 1988.



Sri Dalada Maligawa



Patamalaya (lower floor) features 20 beautifully carved stone pillars: drum beats and other offerings are made during the daily pujas. The upper floor houses the Buddha Tooth relic.



New Shrine Room

Kandy-style moonstone at the grand gate

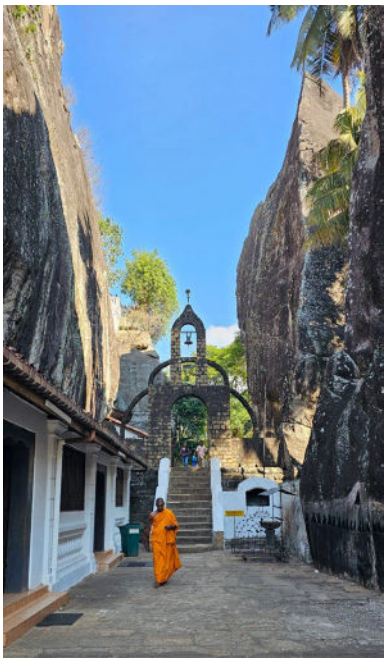
After a puja led by Venerable Seelananda, we patiently queued to view the tooth relic of the Buddha in the inner chamber, after viewing it from the exterior. It was extremely crowded. We stayed until 9 pm, viewing the relic one last time before heading back to our hotel.

Day 5: Matale / Polonnaruwa Ancient City

The following day, we set off to the **Aluvihara Rock Cave Temple**. We visited the cave which was filled with frescos and Buddha statues. We were honoured to have a Venerable demonstrating the process of creating

scriptures on ola (palm) leaves. We were delighted that these ola-leaves scriptures were on sale, with some tour mates buying for themselves and their friends. We were also immensely grateful to the Venerable for arranging a delivery to our hotel as there were limited scriptures onsite.

About Aluvihara Rock Cave Temple
It was a historic location where the *Pāli* Canon was first written down completely in text on ola (palm) leaves. It was said that hundreds of scholarly monks congregated at Aluvihara Rock Cave Temple to perform the difficult task of first reciting the doctrines and agreeing on an acceptable version before the transcription.



Afterward, we embarked on a long journey to the Polonnaruwa Ancient City.

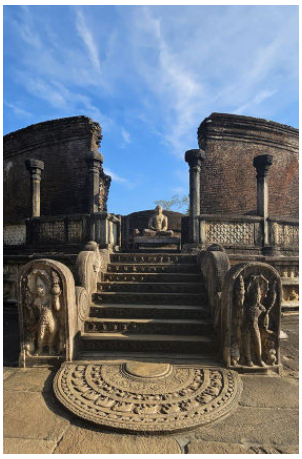
About Polonnaruwa Ancient City
In the 10th century CE, Polonnaruwa was conquered by the Chola dynasty of southern India. During this time, the Chola kings established their rule over the region and influenced the local culture and governance. But in the late 11th century, King Vijayabahu I, liberated the island from Chola rule and established the Polonnaruwa Kingdom. He fortified the city and initiated construction projects to develop it into a prosperous urban centre. The ancient city was designated a UNESCO World Heritage site in 1982.

The Polonnaruwa compound was vast, offering us the chance to see many of the landmarks we had studied in our classes. We began with a visit to the **Archaeological Museum** to learn about the history and culture of the area, then moved on to explore the ruins of the **Royal Palace of King**

Maha Parakramabahu and the **Audience Hall**. Although many pillars remained, much of the rest of the structure had deteriorated.

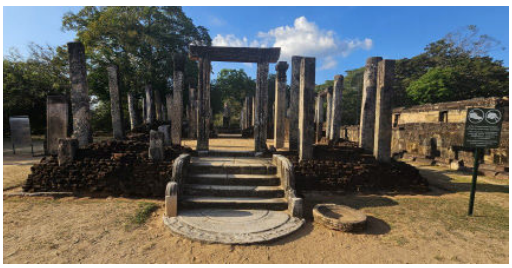
We next visited the **Thivanka Image House**, built by King Parakramabahu (1153-1186) with bricks, as part of the Jetavanarama Complex. The Image House was named after the intricately sculpted Buddha statue with three graceful bends at the shoulder, hip, and knee.

Our next destination was a collection of architectural wonders. Besides the best-preserved **Polonnaruwa Vatadage** which we studied about, we also visited other "dages" (relic houses) and the **Thuparama Image House**.

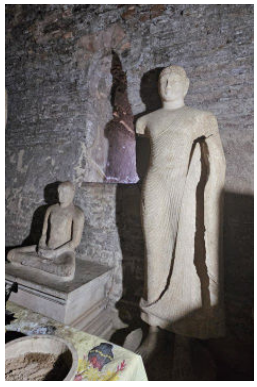


Polonnaruwa Vatadage
(circular relic house)
The best-preserved example of a vatadage in Sri Lanka, including moonstones and guardstones
Vatadages are uniquely Sri Lankan, used to protect the stupas and allow visitors to conduct their rituals easily.

Hatadage
"Hata" is sixty.
Believed to be either built in 60 days or held 60 relics, including the Buddha's tooth relic.



Atadage
"Ata" is eight.
Believed to be the house of eight relics and the first temple to hold the Buddha's tooth relic.



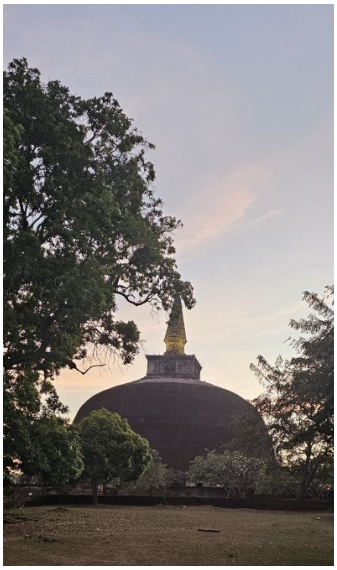
Thuparama Image house

At **Uththararamaya (Gal Vihara)**, together with Venerable Seelananda, we offered flowers and chanted as a group to send metta to all beings.

- A rock temple constructed in the 12th C CE by King Parakramabahu I.

- The central feature is four images of the Buddha, which have been carved into the face of a large granite rock.

Following that, we circumambulated the massive **Rankoth Vehera Stupa**. It is the largest stupa in the ancient city of Polonnaruwa, and is still the fourth largest stupa in Sri Lanka. We ended the day with a visit to the **Lankathilaka Image House** before returning to the hotel for dinner and preparing ourselves for the challenging climb the next day.

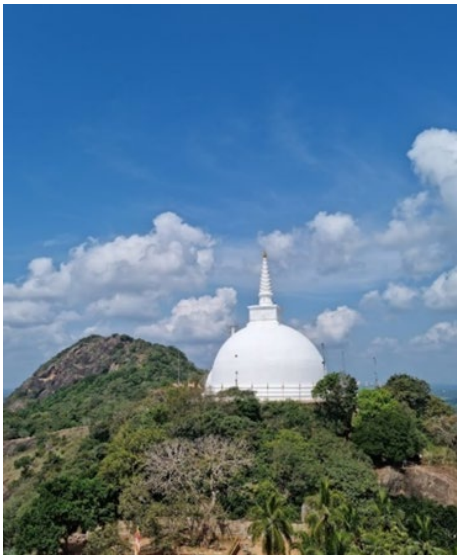


Rankoth Vehera Stupa

Lankathilaka Image House

Day 6: Mihintale

Ambasthala Dagaba



On this day, we set out for Mihintale – believed to be the site where Venerable Mahinda met King Devanampiya Tissa. Many of us climbed to the top of the **Mihintale Rock / Aradhana Gala**, facing one of our most challenging ascents due to the steepness and narrow rock-cut steps, which made it difficult to find secure footing. The heat added to the difficulty, but we supported one another throughout the climb, and the effort was worth it when we reached the peak, enjoying breathtaking views of **Mahaseya Dagoba** and the surrounding hills. The climb was a true team effort, and it was deeply moving to stand on the same ground where, over 2,000 years ago, Venerable Mahinda had been.

At the **Mihintale temple**, the abbot greeted us warmly and showed us the relics of the Buddha and Ven Mahinda. He also offered us individual blessing.

We circumambulated the massive **Mihindu Pagoda** before leaving Mihintale. Despite our exhaustion from the climb, being there was deeply inspiring, and we were grateful to Venerable Mahinda for dedicating his life to teaching the Dhamma to the people of Sri Lanka.

We then travelled to Anuradhapura, stopping for lunch and visiting the New **Mangala Vihara International Buddhist Centre** near Old Puttalam Road.

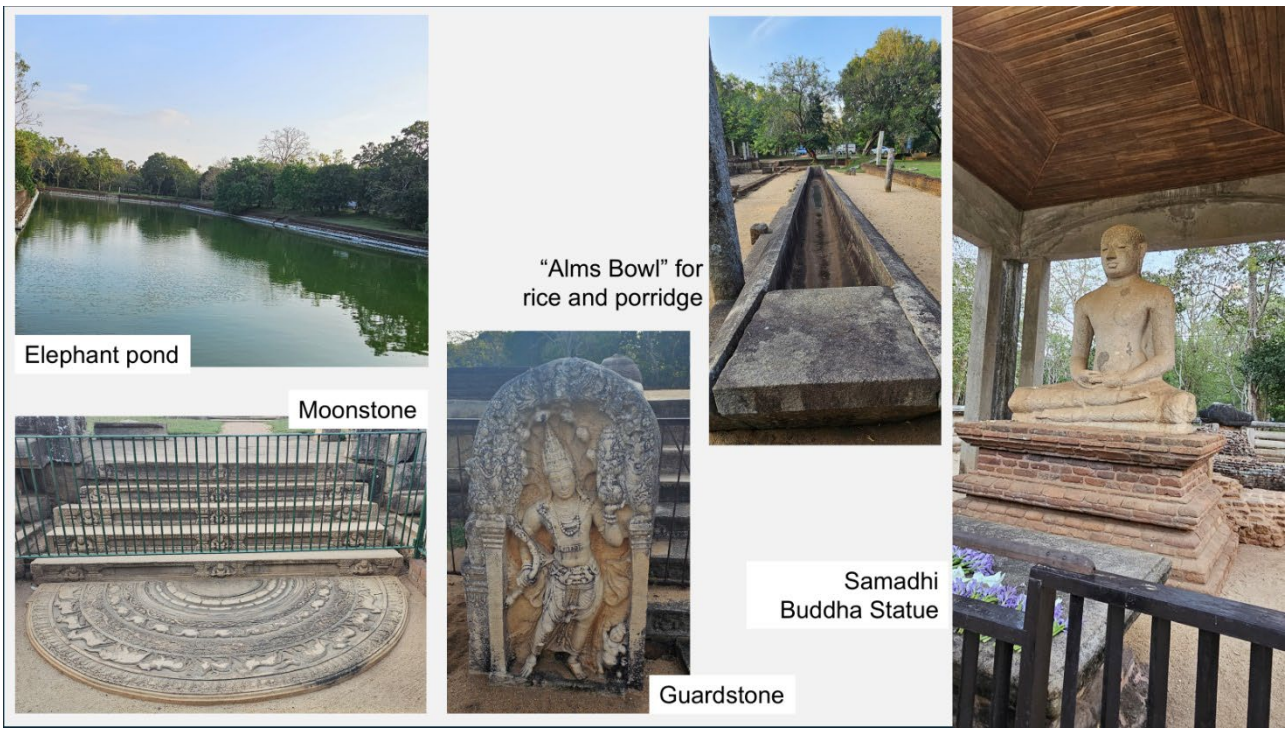
Venerable Seelananda welcomed us and showed us around the temple grounds, which were still under construction but expected to be completed within a few months. The three-storey temple featured living quarters, a kitchen, dining hall, shrine hall, library, a spacious courtyard garden, etc. We were grateful to him for arranging a special ceremony, leading us to the pavilion to chant and unveil a new Buddha statue.

We soon continued our journey to the ancient city of Anuradhapura.

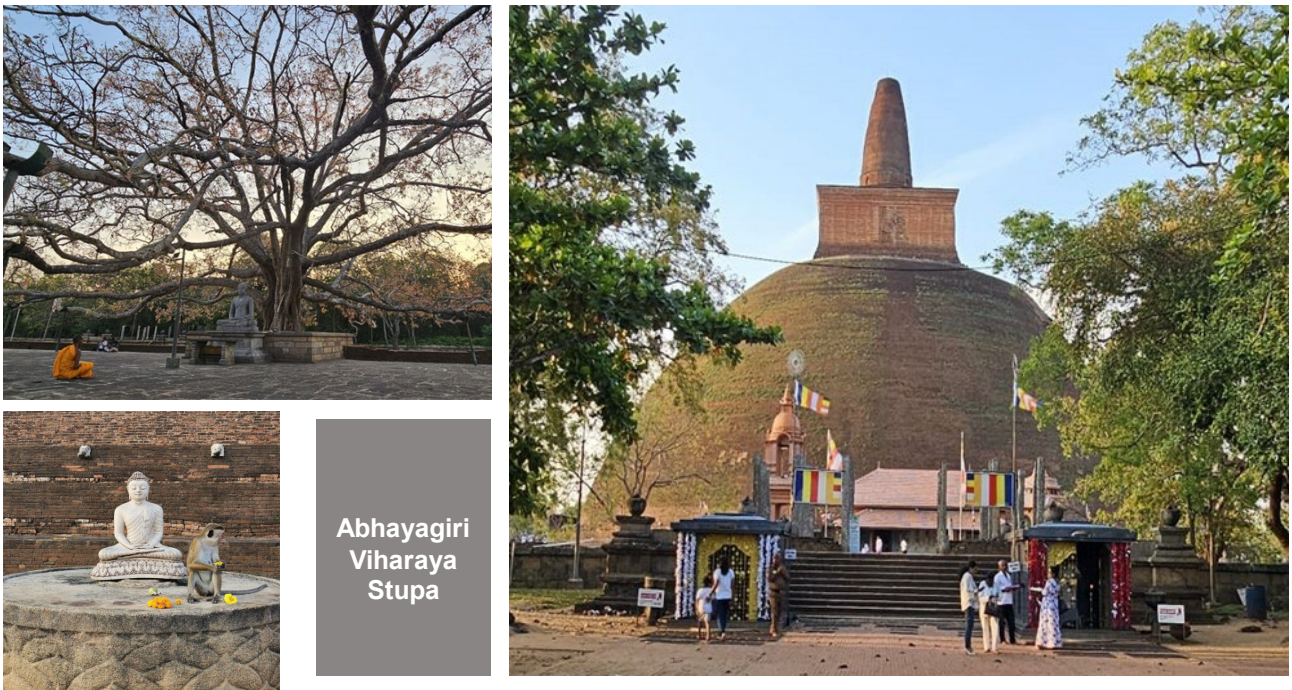
Anuradhapura

Along the way, we visited **Thuparamaya**, which was believed to be the first Buddhist dagoba built in Sri Lanka around the 3rd century BCE by King Devanampiya Tissa. The shrine was renowned for housing one of the Buddha's relics—his right collarbone.

Next, we headed to the **Ratna Prasada (Jewel Palace) of Abhayagiri Monastery.** Here we saw the familiar Anuradhapura **moonstone and guardstone** which were well-preserved and the **Samadhi Buddha statue**, believed to be the only surviving statue, out of the four statues around a sacred Bodhi tree shrine. The entire complex was expansive, including the ruins of a monastic residential complex with ponds.

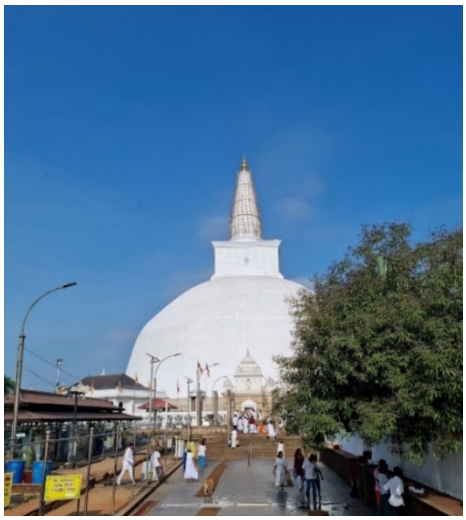


At **Abhayagiri Viharaya Stupa**, many of us circumambulated it though we were quite tired due to the hot weather, and were captivated by the bodhi tree with widely spread branches of pink bodhi leaves.



As night fell, we made a quick stop at the **Jethawanaramaya**, built after the destruction of the Mahaviharaya of Anuradhapura before returning to our hotel for dinner.

Day 7: Jaya Sri Maha Bodhi Temple



The following morning, we woke up early, dressed in all white, and headed to the **Ruwanweli Maha Seya**, also known as **Maha Thupa**. This stupa houses one of the largest collections of the Buddha's relics in the world and stands as one of the tallest ancient monuments at 103 meters high.

Circumambulating the stupa, led by Ven. Subodha

Puja in the temple, led by Ven. Seelananda

We then walked to the Jaya Sri Maha Bodhi Temple, where we visited the current abbot and paid our respects.

Soon after, we visited the sacred Bodhi tree at **Jaya Sri Maha Bodhi**. Buddhists from around the world come to this sacred site, which is home to the sapling of the original Peepal (Bodhi) Tree from Bodhgaya, India, where Gotama Buddha attained enlightenment beneath it. The sampling was brought to Sri Lanka in 236 BCE by Sangamitta Maha Theri during the reign of King Devanampiya Tissa.

We circumambulated the tree, chanting together with Venerable Subodha. After offering flowers, we stood facing the Bodhi Tree and chanted, together with Venerable Seelananda, to send metta to all sentient beings.

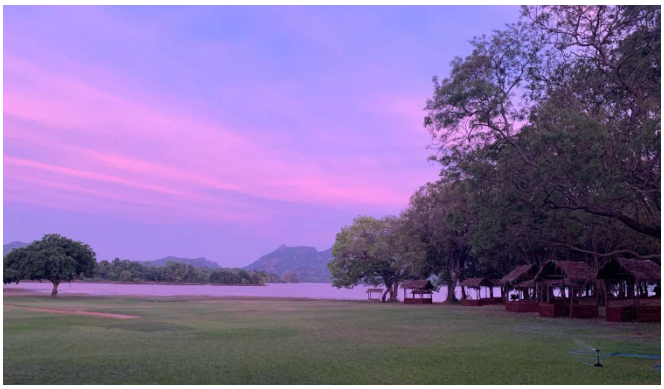
Afterward, we left for the **Avukana Buddha Statue**, where the abbot welcomed us, and we paid our respects to him. He also shared with us

the school that would be constructed from the kind donations of others. Some of our tour mates also contributed to the construction through on-the-spot donations.

Following lunch, we visited the **Dambulla Royal Cave Temple**, the largest and best-preserved cave temple complex in Sri Lanka. The rock rises 160 metres above the surrounding plains and dates to the first century BCE. The complex consists of five caves under a vast overhanging rock.

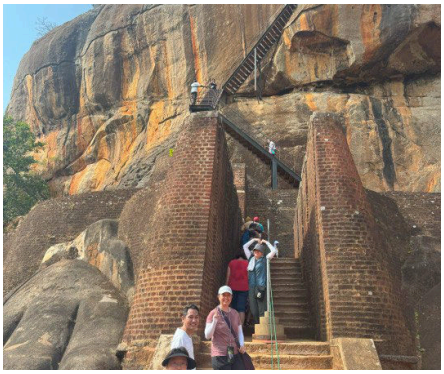
Our climb up to the cave was quite long and challenging. We learnt later that there was a different route that led directly to the entrance by coach. Despite the strenuous climb, we finally entered the caves and were rewarded with a spectacular sight. The Buddha statues were brightly illuminated, and the intricate paintings on the ceiling were clearly visible. The complex contains 153 Buddha statues, three statues of Sri Lankan kings, and four statues of gods and goddesses. One cave featured over 1,500 paintings of the Buddha which covered the entire ceiling.

That evening, we were treated to a picturesque sunset and the next morning, a very bright and warm sunrise.



Day 8: Sigiriya

On our final day, we departed our hotel early and headed to Sigiriya, an ancient rock fortress of historical and archaeological significance, featuring a towering granite column approximately 180 metres high. The fortress was surrounded by a vast moat and there were water gardens and a mirror wall. We also managed to see paintings of the Sigiriya maidens. Unfortunately no photography was allowed inside.



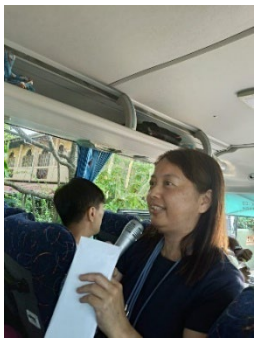
Following our visit to Sigiriya, we went for lunch at a nearby village, traveling there by buffalo cart and boat. Our host prepared traditional dishes for us, cooking the meals right in front of us. We left via tuktuk.

After our meal, we embarked on our final leg of the journey to Negombo, marking the concluding chapter of our adventure. Upon arrival, many of us seized the opportunity to visit the beach, which was right beside our hotel. As we neared the culmination of our journey, gathering for our final dinner together, a profound sense of reflection and nostalgia enveloped us, reminding us that our time together was drawing to a close.

Day 9: Singapore

After an early breakfast, we packed our bags and checked in at the airport for our return flight to Singapore. We arrived in Singapore in the evening feeling exhausted but extremely grateful…

Grateful for the chance to be able to attend this convocation, to be healthy throughout the trip; grateful to the Venerables and people of Sri Lanka, grateful to Venerable Seelananda, Venerable Subodha, our local guide and our fellow brothers and sisters who helped in contributing to this successful Sri Lanka trip.



Throughout this Sri Lanka trip, we faced difficulties and even minor disagreements. Despite the challenges, all of us remained united and harmonious. We supported and cared for one another, shared moments of laughter and camaraderie, and forged bonds that strengthened our group's cohesion. Our collective determination and resilience enabled us to overcome obstacles and make the most of every opportunity to immerse ourselves in the beauty and history of the places we visited.

As we journeyed together, we not only discovered the wonders of Buddhism in Sri Lanka, but also discovered the value of friendship, and mutual respect, making our trip an unforgettable and enriching experience. Although our days as students in BPC/BPU may be behind us, our Buddhist practice and learning continue indefinitely.

While many of us were honored with Buddhist degrees during the convocation, it was our genuine embodiment of the Buddhist spirit that truly shone throughout our shared journey. It is our unwavering patience, kindness, compassion, and forgiveness that illuminated every step of this Sri Lanka trip, strengthening our bonds together, as spiritual friends on the path of enlightenment.

"So too, bhikkhus, I saw the ancient path, the ancient road travelled by the Perfectly Enlightened Ones of the past. And what is that ancient path, that ancient road? It is just this Noble Eightfold Path; that is, Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, Right Concentration."

Photo credits:
Bro Bryan, Bro Patrick, Bro Chee Kang, Sis Chew Ling, Sis Hoi Shan, Sis Ai Leng, Sis May, Sis Irene, Sis Li Ping, Sis Tyy Yn and all tour mates.

Temple Tour

- for Chinese Diploma in Buddhism Class 2024

5 May 2024

Lian Shan Shuang Lin Monastery

- Started in 1898, completed in 1909
- Funded, including land donation, by Mr Low Kim Pong from Zhangzhou, Fujian, China
- First abbot: Ven Xian Hui

Palelai Buddhist Temple

- Founded in 1963 by Phrakru Prakasa Dhammakhun (fondly known as Luang Por) from Thailand
- A wealthy Singaporean businessman, Wee Thiam Siew, sold the land of the present location at Bedok Walk at half price

Karma Kagyud Buddhist Centre

- Established in 1981 by His Holiness the 16th Gyalwa Karmapa
- Kagyud tradition (Oral transmission)

和而不同，佛光普照

——小记中文佛学班寺院参访之旅

文：邹璐

新加坡佛学与巴利文学院举办的首届中文佛学文凭班，自今年一月开课，很快三个多月过去了。为促进同学间的相互了解，也为增进同学们对本地佛教寺院的了解，在学院校友委员会的精心安排下，5 月 5 日（星期日），同学们及多位老师、校友委员会成员，乘坐同一辆巴士，展开狮城寺院参访半日游。当天晴空湛蓝如洗，阳光明媚，令参访者心情无比愉悦，笑容灿烂，因为即将迎来五月的月圆之日，虽然参访的是不同传承的佛教寺院，但各寺院早早开启迎接卫塞节模式，寺院内外布置一新，令我们尤其感觉佛光普照，法喜充满。

第一站：莲山双林寺（Lian Shan Shuang Lin Monastery）

上午，同学们早早来到学院所在地之一的祝福寺集合，在听过注意事项及寺院参访之旅小组游戏的讲解后，一行人一起乘车，迎着朝阳出发了。

第一站，首先来到被誉为“狮城第一古刹”的莲山双林寺。寺院特安排一位熟悉寺院历史的师姐接待。在师姐的带领下，我们参观了包括照壁、半月池、回廊、天王殿等部分景区。由于双林寺规模宏大，而我们行程的时间有限，以至于很多精彩的建筑设施都无法细致观赏，感觉只是翻开精彩著作的第一页就匆匆合上了。好在莲山双林寺不是远在天边，而是近在城市的中心区域，任何时候只要想去参访，它就静静伫立在那里。

莲山双林寺是新加坡汉传佛教创办最早的道场之一，始建于1898年。这也是中国以外规模最大、格局最完整的佛教禅宗丛林，主要仿照福州西禅寺建筑风格。1980年被列为国家文物古迹，是本地第一间获古迹列名的佛

寺。

莲山双林寺最初由福建漳州富商刘金榜（1838-1909）出资献地所建。刘金榜靠经营药材起家，他也是中华总商会的创始人之一，是当时的华社名流。1898年的某晚，笃信佛教的刘金榜和儿子不约而同做梦，梦见海边有金人由西方前来。经打听，他们遇到了由缅甸经海路回中国，途径新加坡的贤慧禅师一行。刘金榜随即礼请贤慧禅师开山建寺，也因此开启新加坡汉传佛教的历史。

莲山双林寺的建筑风格在后来的不断扩建、维护过程中，由于不同籍贯的捐款者、赞助人、住持等因缘，聘请不同籍贯的工匠陆续完成，形成融合福州、泉州、漳州和潮州各地特色的建筑风格。其中，大雄宝殿、法堂、禅堂被誉为双林寺建筑“三宝”。大雄宝殿初建于1904年，严格遵循古法，使用瓜筒（屋架构建）和梁柱衔接，没有使用一根铁钉，其建筑技巧高明，艺术品位上乘，被认为是东南亚华人传统建筑中的杰作。大雄宝殿内供奉释迦牟尼佛、东方药师琉璃光如来、西方阿弥陀佛，均为缅甸白玉大佛。释迦摩尼佛坐像两边的站立者，分别是表情庄严持重的大迦叶尊者和看上去年轻俊朗的阿难尊者。

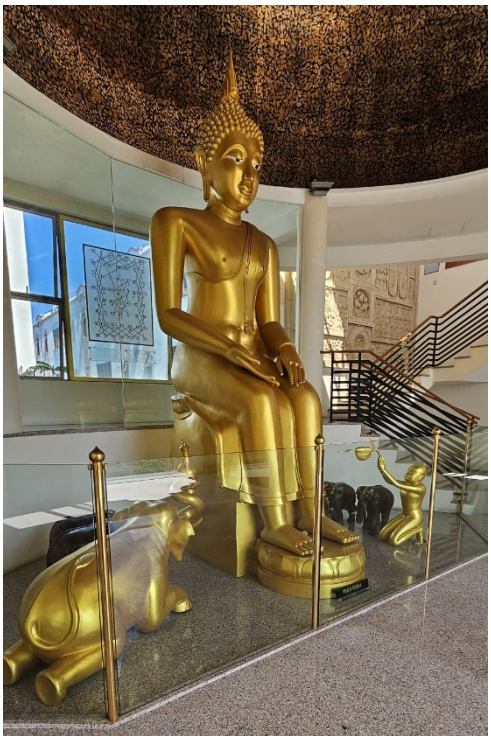
第二站：巴礼莱佛寺（Palelai Buddhist Temple）

行程第二站是泰式寺院巴礼莱佛寺。佛寺庭院不大，因正值周末休息日，这里人来人往，颇为热闹，伴随着悦耳的诵经声，展现出独特的泰式南传佛教氛围。庭院内一株枝干挺拔、枝叶繁茂的菩提树和周围摆满贡品的四面佛像，配合传统泰式佛教建筑风格的殿宇、佛塔，给人留下深刻印象。

寺方在开足冷气的会议室接待我们，两位师兄以华语做详细讲解，显然他们已在佛寺服务多年，对寺院历史如数家珍，娓娓道来。

巴礼莱佛寺创办于1963年，最早是一间甘榜小庙，创办人龙普达摩尼是一位来自泰国的僧人，人们亲切地称他为“龙普”（Luang Phor），意为“令人尊敬的父亲”。因为一位富有的新加坡华人黄添寿（Wee Thiam Siew）愿以半价慷慨将土地出售给佛寺，1972年佛寺搬迁到现在地址（49 Bedok Walk）。经过几代住持及信众的共同努力，寺院建筑面积不断扩大，建筑设施不断完善，但他们始终保持第一代住持及创办人的纪念室，感念这位来自泰国的先驱僧侣建寺度众的功德。

佛寺内的主要建筑包括大佛殿、佛塔，以及内设禅堂、戒坛、教室、图书馆、斋堂等多功能综合建筑。独特之处在于有很多根据佛教经典创作而成的精美壁画及雕塑。大殿内有一尊佛像，佛陀以手触地，那是源于当佛陀证悟时，有很多魔来干扰佛陀，佛陀就以右手深情触摸大地，请大地之母为他作证。



巴礼莱佛寺的名称源于巴利语 Pārileyyaka。传说佛陀在憍赏弥国（Kosambi）时，因僧团内部发生争吵，佛陀就隐居到巴礼莱（Pārileyyaka）森林中独处。隐居期间，一只猴子和一头大象虔诚照顾佛陀，直到僧侣们和解后，佛陀才回归僧团。因此这里安置了佛陀与猴子、大象的雕塑，向人们讲述这段佛经故事，也解说了巴礼莱佛寺名称的由来。

第三站：噶玛迦如佛教中心（Karma Kagyud Buddhist Centre）

行程第三站是位于芽笼的噶玛迦如佛教中心。别具特色的五层楼建筑，独特的藏传佛教建筑风格融合现代建筑设计，令这栋临街建筑在该地区脱颖而出，颇为醒目。

热情的师兄、师姐带领我们来到三楼大雄宝殿，这里供奉了释迦牟尼佛、第十六世大宝法王及白度母圣像，两边墙壁装满102卷藏文大藏经《甘珠尔》（佛语部）和205卷《丹珠尔》（论疏部），以及天花板上的三十三幅曼荼罗壁画，建筑内的装置、装饰金碧辉煌，感受到不可思议的佛法加持力。

噶玛迦如佛教中心的创办源于1979年，第十四世红冠法王昆吉戛玛巴首次到访新加坡。第二年，第十六世大宝法王到访狮城，并留下了他的一双皮鞋，预示未来他将再次来到岛国。法王的到访及叮咛，就像埋下的一枚种子，期待着破土而出，生根发展。

噶玛迦如佛教中心最初租用一间小平房开展弘法活动，1981年获得社团注册局的正式批准成立，1982年，香巴仁波切受委派来新加坡，以宗教顾问身份具体督导中心的发展。

1991年，在香巴仁波切及广大信众的共同努力下，他们购得位于芽笼22巷38B的现在地址作为会所，以应付日益活跃的法务活动。2014年中心展开工程浩大的重建项目，并于2017年卫塞节圆满完工。此时距离当年第十四世红冠法王的首次到访已经38年过去了。接待师姐为我们详细介绍了噶玛迦如佛教中心创办至今走过的不平凡发展之路以及噶玛噶举派的传承脉络，让我们获益良多。

结语

狮城寺院参访半日游行程短暂，但所见所闻，所思所想，令人难忘。不同寺院的不同传承，或许在建筑风格、造像艺术、信仰习俗等方面有所不同，但佛教的根脉一体，和而不同。每间寺院各自走过不同发展历程，相同的是祖师大德的悲心愿力，以及广大信徒护持佛法的发心和努力，信众对佛教信仰的虔诚和热忱。

让我们以感恩的心，祈愿正法永住，佛光普照，国泰民安。

Graduation Ceremony

@Managala Vihara (Buddhist Temple) 25 August 2024

Venerable Pupule Seelananda Thero

Principal, Buddhist and Pali College of Singapore
Chief Resident Monk, Mangala Vihara (Buddhist Temple)

The main goal of the Buddhist education system is to guide one to transform one's suffering into happiness and ultimately attain liberation through wisdom. The person requires systematic training, consistent practice, and steady progress to achieve the results. BPC not only provides a gradual learning process from the diploma level to the PhD level, but also a life-long learning opportunity on what the Buddha taught 2600 years ago.

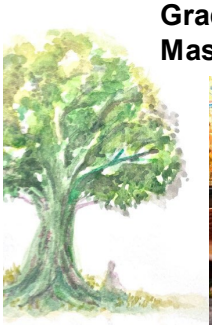
To the graduates:
Now is the time to put your knowledge into practice by sharing your insights with others or delving deeper into research. Your understanding of the Buddhist teachings can be a powerful tool to address societal issues and create new value. It is your turn to make meaningful contributions to society, and your journey as a graduate is just the beginning of this inspiring path.

To the lecturers, staff, management committee of Mangala Vihara, and BPC Alumni:
Your unwavering support, dedication and hard work have been instrumental in our collective journey of promoting Buddhist education and nurturing future leaders in this field. Each of you has played a crucial role, and for that, I am truly grateful.

Here are some snapshots of the graduates at the ceremony. We would like to thank all volunteers and MV groups for their assistance in making the ceremony a smooth one!

Graduates of Master of Arts in Buddhist Studies 2022

Graduates of Bachelor of Arts in Buddhist Studies 2022/ Master of Arts in Buddhist Studies 2023



Graduates of Bachelor of Arts in Buddhist Studies 2023

Graduates of Diploma in Buddhism - 2022 and 2023

Photos credit:
Brother Lau Kim Koon and Sister Megan Chee

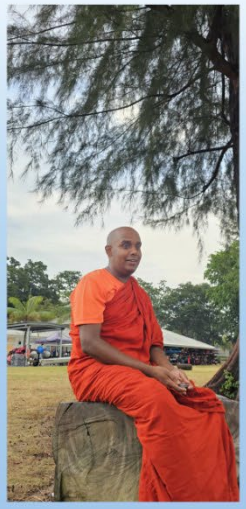
Please scan here for more photos or click here:
https://photos.app.goo.gl/YBVQ1ebyPQfGqp2G9

Mindfulness Walks

Over the last few months, the group ventured out of East Coast Park to walk to and around Bedok Reservoir, covering distances between 8km to 10km. Regardless of the rainy season or hot weather, we were fortunate that the weather during the Mindfulness Walks was always fine.

"Cultivation of gratitude enables us to appreciate others' contribution to our life. It will guide us to think, speak and act beneficially towards ourselves and others rather naturally without being constantly reminded."
Mindfulness Walks
- Bedok Reservoir

Mindfulness Walks



" Just as the sea/ocean washed up the rubbish tossed into it on to the shores, one must learn to adapt and practise filtering away the unwholesome thoughts of lobha (greed), dosa (hatred) and moha (ignorance), to lead a happy and healthy life."

Mindfulness Walk
- East Coast Park

Upcoming Activity

新加坡佛教与巴利文学院举办

2024佛学简介

基本佛学介绍

由新加坡佛教与巴利文学院讲师授课

课程详情

日期： 2024年9月18日
次数： 每逢星期三 （共八堂课, 最后一堂课是在星期六早上)
时间： 晚上7点30分至9点
地点： 祝福寺
Mangala Vihara (Buddhist Temple)
30 Jln Eunos, S419495

课程报名

学费： 随喜乐捐
邮件：chinesebuddhismbpca@gmail.com
电话： 8288 9888 Sister LynnChoy

课程内容

- 佛教中的自由探讨，古印度社会
- 佛陀的一生
- 四圣谛，三法印
- 轮回，业力
- 十二因缘
- 在家人如何实践佛学
- 常见的佛教仪式与诵经
- 佛教短篇小说《法句经》
- 内观融入生活

请勿随意外贴此海报，谢谢。

Upcoming Activity

BUDDHIST AND PALI COLLEGE OF SINGAPORE

(Affiliated to Buddhist & Pali University of Sri Lanka)

Diploma in Buddhism 2024/2025

(32nd Intake)

Curriculum

- Early Buddhism - Basic Doctrines
- Buddhist Social Dimensions
- Geographical Expansion of Theravada Buddhism
- Early History of Buddhism up to 3rd Century BCE
- Pali Qualifying Paper

Term

6 October 2024 to 31 October 2025
Exams: 3rd week of October 2025 (tentative)

Venues

Mangala Vihara Buddhist Temple
30 Jln Eunos, Singapore 419495
Tuesdays (7.30pm - 9.30pm)
Sundays (2.00pm - 5.15pm)
Starts: 6 October 2024, Sunday

Poh Ming Tse Temple
438 Dunearn Road, Singapore 289613
Tuesdays (7.30pm - 9.30pm)
Fridays (7.00pm - 10.00pm)
Starts: 8 October 2024, Tuesday

Enquiry

Maureen Hui
maw69xyz@gmail.com,
96282069

Sandra Koh
chaturikoh@yahoo.com.sg,
91297763

How to Apply

Application Form: Download at http://bpc.edu.sg, collect from Mangala Vihara, or scan the QR code below

Payments comprise:
- Registration Fee: USD 55 (in SGD equivalent) and
- Examination Fee: USD 100 (in SGD equivalent) to be paid to the University
- Maintenance Fee: SGD 260

Other documents:
2 Passport Size photos and a copy of IC

Registration Period

- 4 Aug to 22 Sept 2024

Course Preview Briefings

Mangala Vihara Buddhist Temple
Date: 14 September 2024, Saturday
Time: 2.00pm – 4.00pm

Poh Ming Tse Temple
Date: : 21 September 2024, Saturday
Time: 2.00pm – 4.00pm

Register for a course preview through Buddhist and Pali College of Singapore 's Facebook page, www.bpc.edu.sg website or this QR code

Other Upcoming Activities

- 14 September: Diploma in Buddhism – Preview at MV
- 21 September: Diploma in Buddhism – Preview at PMT
- 18 September to 9 November: Introduction to Buddhism (in Chinese)

- 6 October 2024 – September 2025 : Diploma in Buddhism@MV
- 8 October 2024 – September 2025 : Diploma in Buddhism@PMT

- 24 November 2024: Temple Tour for Diploma in Buddhism classes